



## **ERGONOMICS**

**American Red Cross**  
**SAF6006-HR**

**PURPOSE:** To give individuals in the workplace an introduction to the knowledge necessary to identify and reduce the risk of musculoskeletal disorders (MSDs)

**LEARNING OUTCOMES:** Upon completion of this course, employees will be able identify and reduce the causes of risks of musculoskeletal disorders in their work environment.

**CONTENT:**

- Introduction
- What is Ergonomics?
- Identifying the Risk Factors
- Reducing the Risks
- Prevention Plan

**METHODS:** American Red Cross Workplace Safety Presentation

**LENGTH:** 1 hour / 1 session

**AUDIENCE:** All employees

**PREREQUISITES:** None

**CEU CREDITS:** Not offered for this course